DXM [illegible]

Recovery Kernel [illegible]

[illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible]

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[illegible] + [illegible] = [illegible] [illegible] [illegible].

[illegible] **(**[illegible], [illegible], [illegible]**)** [illegible] **amine** [illegible] [illegible] [illegible].

CYP2D6 [illegible] DXM [illegible] - [illegible]

[illegible]

[illegible] DXM [illegible], [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible]: '[illegible]-[illegible] [illegible].' [illegible] CYP2D6 [illegible] [illegible], [illegible] [illegible] [illegible]. DXM [illegible] [illegible]: [illegible] CYP2D6 [illegible] DXM [illegible]. [illegible], фарма[illegible] [illegible].

[illegible]aminophen-[illegible]: [illegible]aminophen[illegible] [illegible] DXM-[illegible] [illegible]aminophen [illegible]. NyQuil [illegible] DayQuil [illegible] DXM [illegible]

(dissociative) [illegible] [illegible] [illegible]

[illegible] 8 — [illegible]: [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible].

8.8 — [illegible]: [illegible] [illegible] [illegible]

[illegible] — [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible]

DXM [illegible] [illegible] [illegible]. DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- SSRIs (Prozac/fluoxetine, Zoloft/sertraline, Lexapro/escitalopram, Celexa/citalopram, Paxil/paroxetine): □□□ SERT □□ □□□□□ □□□ □□ — DXM □□□□ □□□□□□□ □□□□□ = □□□□□□□□□ □□□□□□□□□□□□ □□□□. □□□□□□□□□□□ □□□ □□□□□ □□ □□□□□□□□□ CYP2D6 □□□□□□□□□ □□ □□, □□□□ □□□□ □□ □□ □□ DXM □□ □□□□□□□□□□□□□ □□□ □□□□□□□□□ □□ □□□□□ □□□ □□, □□□□□□ DXM □□□ □□□□□□□□ □□□□ □□□ □□ □□□ □□□□□□□□□□□□ □□□□ □□ □□□ □□.
- SNRI (□□□□□□□□/□□□□□□□□□□□□, □□□□□□□□□□/□□□□□□□□□□□□): □□□□□□□□□ □□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□ — DXM □□□□ □□□□□□□ = □□□□□ □□□□□□□□□ □□□□□□□□□ □□□□.
- MAOIs (phenelzine, tranylcypromine, selegiline, high-dose St. John's Wort, Ayahuasca/harmaline): □□□□□□□□□□□ □□□□□□□ □□□□□□ □□ — DXM □□□□ □□□□□□□ □□□□□ = □□□□□, □□□□□□ □□□□□□□□□ □□□□□□□□□. □ □□□□□□□□ □□□□ □□□□□□ □□□□□□ □□.
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ADHD [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] Recovery Kernel [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] CYP2D6 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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	[illegible] — DXM [illegible] psychedelically-adjacent [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] 5-HT2A [illegible]-[illegible] DMN [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] Psychedelics. HTR2A [illegible]-[illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] psychedelic-[illegible] [illegible] [illegible] [illegible]. HPPD [illegible] [illegible] [illegible] [illegible] — [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] LSD-[illegible] HPPD [illegible] [illegible] [illegible] [illegible].
COMT	[illegible] [illegible] [illegible] [illegible] [illegible]	Val158Met (rs4680)	COMT Met/Met (Sage, [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] DXM [illegible] sigma-1 [illegible] NMDA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] COMT [illegible] [illegible]: NMDA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
MTHFR	[illegible] — [illegible] [illegible] [illegible] [illegible]	C677T (rs1801133), A1298C (rs1801131)	MTHFR [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible]. 5-MTHF [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]-[illegible] DXM [illegible] [illegible] [illegible] [illegible].
DRD4 / DAT1 (ADHD-[illegible])	[illegible] [illegible] — [illegible]ovelty [illegible] [illegible] [illegible]	DRD4 7-[illegible] (rs1800955); DAT1 10-[illegible] (rs28363170)	ADHD [illegible] [illegible] DRD4 7-repeat [illegible] DAT1 10-repeat [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ADHD [illegible] [illegible]. DXM [illegible] [illegible] [illegible] [illegible] ADHD [illegible] [illegible] [illegible] [illegible] [illegible]. ADHD [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[redacted]

- [redacted] DXM и [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]? → [redacted] CYP2D6 [redacted] метаболи[redacted] — [redacted] [redacted] [redacted] DXM [redacted] [redacted] [redacted]. [redacted]: CYP2D6 [redacted] [redacted] (SSRI) [redacted] [redacted] [redacted] [redacted] [redacted] [redacted].
- [redacted] DXM и [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]? → [redacted]-1 [redacted] SERT [redacted] NMDA [redacted] [redacted] — CYP2D6 [redacted] [redacted] [redacted] [redacted] [redacted] (DXM [redacted] [redacted] [redacted]).
- [redacted] [redacted] [redacted] DXM [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]? → CYP2D6 [redacted] [redacted] + SLC6A4 [redacted]/[redacted] + [redacted] [redacted]-[redacted] [redacted].
- [redacted] [redacted] DXM ([redacted] [redacted]) [redacted] [redacted] [redacted] [redacted] [redacted] ADHD [redacted] [redacted] [redacted] [redacted] [redacted]? → DRD4 7-[redacted] + DAT1 10-[redacted] ADHD [redacted]. ADHD [redacted] [redacted] [redacted].
- [redacted] [redacted] DXM [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] HPPD [redacted] [redacted]? → HTR2A [redacted]-[redacted] [redacted]. [redacted] [redacted] DXM [redacted] HPPD [redacted] [redacted].

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[illegible] [illegible]	DXM [illegible] [illegible] [illegible] [illegible] [illegible]ників[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]	[illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible]	[illegible] [illegible] relapse driver [illegible].
[illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] HPPD [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] (ADHD, [illegible], [illegible]) [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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DXM □□ □□□□□□□□□□□□ □□□□ □□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□ □□: NMDA glutamate □□□□□□□ (□□□ □□ □□□□□□□□□□ □□□□□□□□□□□□□), □□□□□□□□□□ □□□□□□□ (□□□ □□ MDMA □□ □□□□□□□□□□□□□ □□ □□□□□) □□□ □□ □□□□□aminophen □□□□ □□-□□□□□ □□□□□□□ □□□ □□□ □□ □□□□□ (□□ □□□□□□□□□□ □□□ □□ □□□□□□□□□□). □□□□□□□□□□□ □□□□□ □ □□□□□□□□□ □□□□□ □□□ □□.

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P5P (□□□□□□ B6)	□□–□□□□□	□□□□	□□□oton□□, □□□□□□□□ □□□ □□□□ □□□□□□□ □□□□ □□□□□□□. □□□□□□□□□□□ □□□□□□ □□□oton□□ (DXM □□□□□ SERT □□□□□) □□□ glutamate (NMDA □□□□□□□) □□ □□□□□ □□□□□□ P5P-□□□□□ □□□□□□□□□□ □□□□□ □□ □□□□ □□□□ □□□□ □□.
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[illegible].[illegible] — [illegible]: [illegible]aminophen [illegible]-[illegible] [illegible] [illegible]

⚠ [illegible] [illegible]aminophen [illegible] DXM [illegible] (NYQUIL, DAYQUIL, [illegible]) [illegible] [illegible] [illegible]: NAC [illegible] [illegible], [illegible]. [illegible]aminophen [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]aminophen[illegible] glutathione [illegible] [illegible] [illegible]. NAC ([illegible]-[illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] glutathione [illegible] [illegible] [illegible] — [illegible] [illegible]aminophen hepatotoxicity [illegible] [illegible] [illegible].

- [illegible] [illegible] [illegible]aminophen [illegible] DXM [illegible] [illegible] [illegible] [illegible] NAC [illegible]–[illegible]mg [illegible] [illegible]. [illegible] [illegible]aminophen [illegible] IV NAC [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]aminophen [illegible] ([illegible] [illegible] 24 [illegible] 4g [illegible], [illegible]-[illegible] [illegible]): [illegible] [illegible]. [illegible] [illegible] IV NAC [illegible] [illegible] [illegible].
- [illegible] (AST, ALT, [illegible]): [illegible]aminophen [illegible]-[illegible] [illegible], [illegible] [illegible] [illegible].
- [illegible] liver [illegible]: [illegible] ([illegible]–[illegible]), [illegible]-[illegible] ([illegible]), NAC ([illegible]) [illegible]aminophen [illegible] [illegible] [illegible].

[illegible].[illegible] — [illegible] [illegible]

[illegible], DXM [illegible]:

- NAC ([illegible]–[illegible] [illegible], [illegible], [illegible]): [illegible] glutamate [illegible] [illegible]. NMDA [illegible] glutamate [illegible] NAC [illegible] cystine-glutamate [illegible].
- [illegible] ([illegible]–[illegible] [illegible], [illegible]): [illegible] NMDA [illegible] [illegible] [illegible]گلو[illegible] [illegible].
- [illegible]-[illegible] ([illegible]–[illegible], [illegible]): [illegible] [illegible] NMDA [illegible]; NMDA [illegible] [illegible] [illegible] [illegible].

- glycine (□–□ □□□□□, □□□□□□ □□□): □□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□ □□□□□ NMDA □□-□□□□□□□□. □□□□□□□□□□ □□□□□, □□□□ NMDA □□□□□□□□□□□ □□□□□ □□□□□□ □□□□□ □□□□□□ □□□□□□□□□□□□□□□□ □□□ □□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□ □□□ □□□ □□.
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- 5-HTP (□□–□□□□□□, □□□□ — □□□□ □–□ □□□): DXM □□ □□□□□□□□□ SERT-□□□□□ □□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□. □□□□□ SSRI, SNRI, □□□□ MAOI □□□□ □□□□□□□ □ □□□.
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- EPA-□□□□□ □□□□□-□ (□□□□□□ □–□ □□□□□): □□□□□□□□ □□□□□□□□□□□ □□□□□ □□□□□ □□□□□□ □□□ □□□ □□□□□□.

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- DXM □□ □□□□□□□ □□□ □□□: □□□ □□□□□□□ □□□□ NMDA □□□ □□□□□□-□ □□□□□□□□□ □□□□ □□□ □□□□□□□□□□ □□□□□□□□□□ □□□ □□□□ □□□. □ □□□□□□□□ □□.
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- LSD □□□□□□ □□□□□ □ □□□□□ HPPD □□□□□□□□□□ □□□□□□□□ □□□□ □□□ □□: □□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□ (EGCG, □□□□-□□□□□ □□□□, NAC, □□□□□□□ □□, DHA), □□□□□□ □□□□□□□□□□□□, □□□□□ □□□□□□□□□□ □□□ SSRI □□□□□□□□□□ □□□□□ (□□□□ □□□□□□ □□□□□ □□□ □□□□ □□ □□□ □□).

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[illegible] 6 — DXM[illegible] [illegible] (Craving) — [illegible] [illegible]

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DXM[illegible] [illegible] (cravings) OTC [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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7. [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]: NSDR, [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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- [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] — DMN [illegible] [illegible], [illegible] NSDR/[illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] активa[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
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- ADHD [illegible] [illegible] [illegible]: ADHD [illegible] — [illegible] [illegible], [illegible], [illegible], [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible]: [illegible], martial arts, [illegible], [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] **DXM** [illegible] [illegible]

DXM [illegible] [illegible] [illegible]	[illegible] [illegible]	[illegible] [illegible] [illegible] [illegible]	**DXM** [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] — DMN [illegible], [illegible] [illegible] [illegible]	[illegible] (NSDR); [illegible] [illegible] [illegible]	[illegible] [illegible] — [illegible] [illegible] [illegible]. [illegible] [illegible] (NSDR). [illegible]: [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible]	[illegible] [illegible] CBT; [illegible]; [illegible] [illegible]; [illegible]	[illegible] [illegible] [illegible] [illegible] ([illegible], [illegible] [illegible], [illegible] [illegible]). [illegible] [illegible] — [illegible], [illegible] [illegible]. [illegible] ([illegible], [illegible] [illegible]).	DXM [illegible] [illegible]-[illegible] [illegible] [illegible] [

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[illegible] [illegible] [illegible] [illegible] [illegible] (14–17+)	[illegible] [illegible] [illegible], [illegible] [illegible], [illegible]-[illegible]; [illegible] [illegible] [illegible] [illegible]	DXM [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible]olescent [illegible] [illegible] [illegible] [illegible] DXM [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] — [illegible] DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible].

[illegible] 8 — [illegible]: [illegible]

DXM [illegible] [illegible] [illegible]

[illegible] ADHD/[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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- [illegible]-[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] (erowid.org/chemicals/dxm) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] FAQ [illegible] [illegible].
- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
- [illegible]: [illegible]-[illegible]-[illegible]-[illegible] ([illegible] [illegible] [illegible] [illegible]) — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
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*[illegible] [illegible] [illegible] [